

Freehold Borough Mayor's Wellness Campaign

Calendar of Free Events and Activities



JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 HAPPY FOURTH OF JULY	5 YOGA – Court St. School 6:30 PM	6	7 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	1/8
9	10	11 Walk Around Town Borough Hall–6:00PM	12 YOGA – Court St. School 6:30 PM	13	14 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	15
16	17	18 Walk Around Town Borough Hall–6:00PM	19 YOGA – Court St. School 6:30 PM	20	21 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	22
23	24	25 Walk Around Town Borough Hall–6:00PM	26 YOGA –Court St. School 6:30 PM	27	28 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	29
30 Sunday-Funday Bike Rides: 8:30 AM Meet @ Roberto's Grill, 59 E. Main St.	31					

EVENTS

Walk Around Town: Begin at Borough Hall, 30 Mechanic St and walk through different areas of town each week, highlighting buildings and fun facts.

YOGA
Free beginner Yoga classes at Court St. School, 140 Court Street by a certified instructor. Bring a mat, a towel or small blanket and bottle of water.

Special Event:
Sunday-Funday Bike Ride. Meet at Roberto's Freehold Grill on Main Street at 8:30 AM, Bike to a different location each month. All are welcome. Don't forget your helmets.

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AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Walk Around Town Borough Hall-6:00PM	2 YOGA – Court St. School 6:30 PM	3 Sculpt Conditioning Class – Margo's Health Club 6:00 PM	4 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	5 Olde Freehold Day 12:00 -6:00 PM Pedal to the Park 10:00 AM-Old Boro Hall -51 W. Main St
6	7	8 Walk Around Town Borough Hall-6:00PM	9 YOGA – Court St. School 6:30 PM	10 Sculpt Conditioning Class – Margo's Health Club 6:00 PM	11 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	12
13	14 Country Line Dancing – 7:00 PM BPOE Elks Lodge, 73 East Main St.	15 Walk Around Town Borough Hall-6:00PM	16 YOGA – Court St. School 6:30 PM	17 Sculpt Conditioning Class – Margo's Health Club 6:00 PM	18 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM BLUE CLAWS GAME First Energy Park- Lakewood 6:00 PM	19
20	21	22 Walk Around Town Borough Hall-6:00PM	23 YOGA – Court St. School 6:30 PM	24 Sculpt Conditioning Class – Margo's Health Club 6:00 PM	25 Downtown Freehold Farmer's Market 11:00 AM – 4:00 PM	26
27 Sunday-Funday Bike Rides: 8:30AM Meet @ Roberto's Grill 59 E. Main St.	28	29 Walk Around Town Borough Hall-6:00PM	30 YOGA – Court St. School 6:30 PM	31 Sculpt Conditioning Class – Margo's Health Club 6:00 PM		

EVENTS	<p>Walk Around Town: Begin at Borough Hall, 30 Mechanic St and walk through different areas of town.</p> <p>YOGA: Free Beginner Yoga classes at Court St. School. 140 Court Street by a certified instructor.</p> <p>Sculpt Conditioning Class: Free Class at Margo's Low Impact Health Club, 3 W. Main St (2nd Floor). Space limited. Call Board of Health @ 732-462-7057 to reserve a spot.</p>	<p>Special Event: Freehold Night at Blue Claws. Gates open at 6:00, join the Mayor for a walk around the stadium prior to the game. Watch him throw out the first pitch and stay after the game for fireworks!</p>	<p>Special Event: Country Line Dancing: Learn basic country line dances by professional instructors. Great exercise for your body and your mind, all while having fun! 7:00 PM at BPOE#1454 Elks Lodge, 73 East Main St. Bring a friend & kick your boots up.</p>